

Make your move

How to get past roadblocks to the fun of exercising

Judi Staley, HEHF Health Education Services

Healthy People 2010, the national program established by the U. S. Department of Health and Human Services to provide direction for improving the health of the nation, reports that Americans do not engage in enough physical activity. A sedentary lifestyle can be hazardous to your health and is considered a risk factor for heart disease, some cancers, and other health problems such as osteoporosis.

Becoming more physically active can do wonders in reducing these risk factors. Additionally, exercise increases coordination, flexibility, endurance and strength; improves circulation and quality of sleep; provides relief from stress; burns calories for weight reduction; and improves cardiovascular and respiratory capacity.

It would seem that the benefits of exercise would be excellent motivators. So why do so many Americans choose not to exercise on a regular basis? Many blame a lack of time and busy schedules. A typical day for many employees involves getting up at the crack of dawn for work and returning home 10 to 12 hours later, just in time to eat dinner and pick up the kids at ball practice or dance lessons. Hectic schedules and exhaustion at the end of the day are common reasons to bypass added activities.

The American Heart Association supports the 1996 recommendation that physical activities need not be overly time-consuming. Thirty minutes a day of moderate to vigorous exercise is enough to gain health benefits. In addition, the 30 minutes can be divided into 10-minute portions to achieve the same benefits. Getting past the roadblocks is the first step in making a decision to become more physically active.

The following roadblocks and tips to get past them should help you get started and on the road to a healthy, active lifestyle:

- **I don't have time to exercise.**

We're only talking about an accumulation of 30 minutes each day. Can you do without thirty minutes of television each day?

- **I don't enjoy exercise.**

Do not "exercise." Start a hobby or engage in an enjoyable activity that gets you moving.



Hanford Environmental Health Foundation and Fluor Hanford are introducing "Make Your Move," a program to promote physical activity. Any Hanford Site employee with

a Department of Energy security badge may participate. Complete the registration forms that appear after the article and send to HEHF HES, H1-04, or call Judi Staley of HEHF at 372-0097 to register. Fluor Hanford employees may register with Carol Powe at 376-8886. An information packet will be sent to you upon receipt of the registration form.

You can schedule a 45-minute "Make Your Move" safety-meeting presentation that discusses recommendations for starting an exercise program by calling HEHF Health Education Services at 373-3729.

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- **I am usually too tired to be any more active.**

Regular activity will improve your energy. Try it and see for yourself!

- **The weather is too bad to go outside.**

There are many activities you can do in your own home, office building or local mall, in any weather.

- **Exercise is boring.**

Listening to music during your activity keeps your mind occupied. Walking, biking, or running can take you past lots of interesting scenery. Try taking your friends, co-workers, kids or family pet to make the time go faster.

- **I get sore when I exercise.**

Slight muscle soreness after physical activity is common when you are just starting. It should go away in two to three days. You can avoid the muscle soreness by building up gradually and stretching before and after the activity. ■



Name _____

Age _____ Gender _____

Mailstop _____ Phone _____

Employer _____

Registration form

Send completed form to: HEHF HES, H1-04

I am participating in "Make Your Move" for the following reasons (*circle all that apply*):

General health

Improve sleep

Weight loss

Maintain healthy weight

Lower cholesterol

Conditioning: cardiovascular, strengthening, flexibility

Lower blood pressure

Reduce stress

My job requires a high ☐ moderate ☐ minimal ☐ level of physical activity.

Please check and complete the statement that best describes your level of physical activity over and above your work duties

☐ My current level of exercise is moderate to vigorous (raises pulse rate) ***circle one***: 1-3 ***or*** 4-7 days per week for ***circle one***: under 30 minutes ***or*** at least 30 minutes per session.

☐ My current level of exercise is minimal (leisurely pace, does not raise pulse rate) ***circle one***: 1-3 ***or*** 4-7 days per week for ***circle one***: under 30 minutes ***or*** at least 30 minutes per session.

☐ I do not engage in any exercise.

I have read the PAR-Q (below). I understand that if I answer "yes" to any of the questions, I should consult with my private health-care provider before beginning or changing my level of physical activity.

Signature: _____ Date: _____

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Physical Activity Readiness Questionnaire (PAR-Q)

Many health benefits are associated with regular exercise, and the completion of this questionnaire is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazard. This evaluation has been designed to identify the small number of adults for whom physical activity might be inappropriate, or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the "YES" or "NO" box next to each question that applies to you.

- | | |
|--|---|
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 1. Has your doctor ever said that you have heart trouble? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 2. Do you frequently have pains in your heart and chest? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 3. Do you often feel faint or have spells of severe dizziness? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 4. Has a doctor ever said your blood pressure was too high? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 5. Has your doctor ever told you that you have a bone or joint problem — such as arthritis — that has been aggravated by exercise or might be made worse with exercise? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 6. Is there a good physical reason not mentioned here why you should not follow an activity program — even if you want to? |
| <input type="checkbox"/> YES <input type="checkbox"/> NO | 7. Are you over the age of 65 and not accustomed to vigorous exercise? |

If you answered "yes" to one or more questions, consult your personal health-care provider by telephone or in person *before* increasing your physical activity. Discuss questions to which you answered "yes" on this Physical Activity Readiness Questionnaire.

If you answered "no" to all questions and if you answered the questionnaire accurately, you have reasonable assurance that you may safely start a graduated exercise program. A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort, injury or stress on your cardiovascular system.

Name _____

Age _____ Gender _____

Mailstop _____ Phone _____

Employer _____

